



Contact the Parenting  
WARMLINE at Family Resources,  
1-800-641-4546 for more  
information, help and support.

Everybody understands there are times when you have to leave your child with another person. Every parent needs that kind of help sometimes – for a little while for you to shop or get a break, or every day when you have to go to work. Your baby is counting on you to find a caring caregiver. Who can you count on?

Some caregivers are loving and patient. *But some are not.* You know yourself that even babies can make you really angry – like when they're crying or "won't listen."

It's hard to imagine someone you love or trust could ever hurt your child, but it happens. Just because someone is a lover, relative or close friend does not mean they can take care of a child.

Choose your  
caregiver carefully –  
*your baby is counting on you.*



That's why one of the most important decisions you can make is when you choose a caregiver for your child – or a partner who will be living with you and your child:

- **how well** do you know the person who will be caring for your child?
- **Does** that person make good decisions?
- **Is** that person responsible & trustworthy?

When choosing a caregiver, find someone who:

- **has experience** caring for babies and young children.
- **is patient** and mature enough to care for an excited or crying baby.
- **understands that** young children must always be in their sight.
- **will never** shake, hit, yell at, make fun of, or withhold food from a child as punishment.
- **does not** abuse alcohol or drugs or carry a weapon, and will not surround a child with others who may be drinking, using drugs, or carrying weapons.
- **will not** be on medications that have bad side effects or make that person drowsy.

Many children are harmed each year by adults who just don't know how to take care of a child – especially when the child is crying or being difficult. Never leave your child with someone you don't trust. *Find someone else.*

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Some questions that can help you decide if your partner would make a good caregiver:

- **How does he** treat other women in his life? How does he treat other children (nieces, nephews, friends' children)?
- **Does she** get angry when you spend time with your child?
- **Does he** get angry or impatient when your child cries or has a tantrum?
- **Does she** call your child bad names or put him down?
- **Does she** think it's funny to scare your child?
- **Does he** make all the decisions for you and your child?
- **Does he** pretend when he hurts your child that you are to blame or that it's no big deal?
- **Does he** scare your child by using guns or knives or other weapons?

*If you answered "yes" to even one of these questions, your child could be at risk.*

Make sure your caregiver knows what to do when your baby won't stop crying.

**Put this list on your refrigerator or another place where the caregiver will be sure to see it.**



## *What to do if the baby won't stop crying*

**My cell phone number:** \_\_\_\_\_

**Emergency numbers:** \_\_\_\_\_

✓ check to see if she or he is hungry, wet, cold, or hot, etc.

✓ walk around holding the baby close to you, in your arms or in a carrier; try talking or singing.

✓ if I am not available, call a trusted friend, relative, or neighbor who is able to come over and help.

✓ if the crying won't stop and gets too much to handle, put the baby in the crib on his or her back. Make sure the baby is safe and check in every five minutes or so. It is much better to let the baby cry than to do something to stop the crying that may be harmful.

**never** shake the baby – shaking a baby can cause bleeding in the brain that can injure or kill a child. It takes only a few seconds of shaking to seriously hurt a baby's brain.